

## Autumn 1- PE Knowledge Organiser Rolling, throwing, hitting)

### Ready position:

Allows a player to be alert, making sure they are on their toes as it enables them to react to where their opponent hits the ball. After a shot is played, returning to the centre of the court is important.



### Forehand:

Hitting the ball with you hand facing forward.



### Backhand:

Hitting the ball with you hand facing backward.



### Vocabulary: Definition:

Back-hand	A stroke in which the ball is struck on the opposite side to the racquet hand
Grip	How to hold the racket in tennis
Net	The woven barrier dividing a court into halves, over which the ball must be hit
Racket	A stringed 'bat' that players hold and use to hit the ball
Rally	A long series of shots.
Return	To hit a shot back to the opponent
Umpire	The official who is in overall charge of the match
Volley	A shot which the ball is hit before it bounces
Serve	The shot that begins each point.

### Professional Tennis:

#### **Roger**

**Federer**-Most successful men's player holding many records, having won 20 Grand Slam titles.



#### **Serena Williams-**

Most successful women's player of all time and has won the most Grand Slam titles.



### Tennis

Major



championships:

Grand Slams

The majors are played annually in Mens + Womens: Singles and doubles and mixed doubles.



**Australian open**

**French Open**

**Wimbledon**

**US open**